



TRANSFORMED

DEVOTIONS CONNECTING TEENS TO CHRIST

Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.

Matthew 11:28-30

Weight of the world

Atlas, a Greek god of mythology, carried the weight of the world on his shoulders. He had to hold the skies in place. It was a heavy burden to carry. Can you imagine?

You don't carry the weight of the world as the Greeks say Atlas does, but sometimes it probably feels like it. When your parents lay responsibilities on you, it can be a heavy burden. When your family goes through tough times you take on the troubles, the struggles, and the burdens of your parents as if they belonged to you. And then there are the burdens that are yours alone: bills you have to pay, school work you have to do, and planning out the future course of your life.

Jesus says, "Come!"

Unlike the mythological character Atlas, Jesus actually carries the weight of the world. Hebrews says that he created the whole world with his powerful word, and he still holds it all together with that same word (look up Hebrews 1:3). Jesus actually controls the wind and the waves as he did when his disciples were panicking in the middle of the lake. Jesus really holds our lives in his hands just as he gave health, life, and provision to so many people during his earthly life. Jesus promises he will continue to do all this.

The truth is we're foolish if we try to carry the weight of all our problems by ourselves. We're not Atlas. And we're certainly not Jesus. So why do we try to be? Jesus is already carrying all these things that we worry about.

And Jesus says, "Come!"

He carried our heaviest burdens of death and hardship to the cross so we wouldn't have to endure them forever. This means he must really care about our lives, even down to the hairs on our heads. He knows all of our days before even one of them comes to be. And best of all, he is on our side. Yes, our God is on our side. He's fighting for us. He's fighting to save us.

Jesus says, "Come! Bring your burdens to me and I will carry them."

So what are you waiting for? *Cast all your cares on the Lord because he cares for you!* (Cf 1 Peter 5:7).

Prayer: Lord Jesus Christ, you are the King of creation and my Savior. You truly carry the weight of the whole world's life and the whole world's sin on your shoulders. Teach me to cast my burdens on you because you really do care for me. Amen.